

Forgiveness: A Journey from Hurt to Freedom

By Fr. Brendan McGuire

Session 5

Evaluation Link: [Forgiveness: A Journey From Hurt to Freedom \(google.com\)](#)

In the Quiet

(Liam Lawton)

When the leaves are fallen
And the branch is bare
Winter is calling
And chills the silent air
When the moon is covered
By shadows of the night
Know that I am with you
To call you to the quiet.
Be still, O be still
For I am your God
Be still now and listen
And you will hear my word
Be still, O be still
Deep within your life
For you will find me
In the quiet.
When souls are hurting
And they know not why
When hearts are broken
And children have to cry
When prayers are spoken
Late into the night
You will find your answer
If you come into the quiet. (R)
When days grow longer
And the sun so shines
When hearts grow stronger
And hope becomes our sign
Leave the past behind you
Walk into the light
You will know my healing
If you come into the quiet. (R)

A. Scripture

- Mark 10:17-22—Rich Young Man
- Luke 6: 43-45—A Tree Known by its Fruit
- Romans 12:9-21—Mutual Love
- Luke 15:11-32—Parable of the Lost Son

B. Questions

- What step on the journey of forgiveness to freedom do I need to take today to go further than I was last week?
- Can I practice PATTA (Pause, Affirm my feelings, Think, Talk, Act)
- Can I practice the 5C's (Calm, Challenge Assumptions, Culture of Trust, Cultivate Hope, Choose Forgiveness)
- Am I ready to accept the key of forgiveness from Jesus?

Stand By Me

Edwina Gately

Psalms of a Laywoman

Living God—
Stand by me.
Hold up me up.
Be my strength
When I am tired,
My inspiration
When I am empty
My life
When I am listless.

Living God—
I cannot always
Meet the standard
Expected of me,
Can't always
Be the personality
I am known for.
God, when I fail,
God, when I stumble—

Stand by me

Audio Divina

Preparation:

Take a few moments to get ready.

Find a comfortable position where you can listen to the music

Settle into God's presence by connecting with your breath.

Move your awareness from your head into your heart.

Choose the piece of music you wish to use

Be present.

Be open.

Ears to Hear: READ

Listen to the selection.

If the piece has a text, pay close attention to the words or follow along with a lyric sheet or piece of music.

Choose a word or phrase that resonate with you and take a moment to repeat them silently to yourself.

Let the music fill your heart without judgment

If you chose instrumental music, think of a favorite Bible verse or focus on a message of gratitude.

Breathe in the music and let it flow through you.

Are you called back again and again to a certain phrase?

Try not to think about it too much.

Simply notice where your energy is drawn.

Notice where your ear is avoiding or passing over.

Slowly become aware of feelings as you listen

Be open and present to this.

Open Heart: RECEIVE

Take a second longer listen.

Focusing on the feel of the music and the imagery that it brings, perhaps imagery associated with the phrase you chose.

Open your imagination.

As you reflect on music and sound, what feelings or longings are evoked?

What memories or hopes are stirred?

Make room within your heart for whatever wants to emerge.

Be here.

Be present.

Let go of judging or critiquing.

Simply be, lingering here, opening your heart to whatever wants to rise.

Respond: RESPOND

Listen a third time if possible, taking in the whole piece but connecting especially with the phrases you chose.

Sit in silence.

Let the thoughts and feelings that the music has inspired wash through you.

How is God speaking to you through the music you chose to pray with today?

Slowly begin to notice what being revealed in your listening and through what you are feeling.

What is the invitation in this moment of your life?

In the day-to-day life you are living what is God calling you to do or be?

What insights have you gained?

What invitation is growing in you? What work would you like to do today?

Enjoy: REST

Let go.

Rest.

Linger in this place of deep connection.

You are being filled and refreshed for your continuing journey.

Take your word/phrase or melody with you.

Enjoy a few moments of stillness in this space.

If you keep a journal, write your thoughts or feelings now, perhaps expressing gratitude for this quiet time with God.